

Gratitude is the basis of the two most important things in life: happiness and goodness.

A person's happiness or unhappiness affects those around them deeply; therefore, Dennis Prager maintains, being happy is not a selfish desire, but a moral obligation.

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Humans are born self-centered. To become both good and happy, we have to develop gratitude.

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Gratitude can be developed, and it starts with "saying thank you to everybody all of the time," says Prager.

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A sense of victimhood is the single biggest reason people commit evil.

Ungrateful people always think they are the victim and use it as a reason to commit evil.

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When people feel victimized, they assume they're not morally bound to the same rules that others are, and so they act out on their victimhood.

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Feeling victimized has become more important than actually being a victim, lowering the threshold for ingratitude.

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Ingratitude and self-centeredness are universal human traits that create unhappiness.

Ingratitude, along with narcissism and self-centeredness, are universal human traits that create unhappiness.

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Gratitude, and the happiness it brings, can be developed. Gratitude starts with “saying thank you to everybody all of the time,” says Dennis Prager.

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Ingratitude is selfish. According to Prager, a person’s happiness or unhappiness affects those around them deeply. Being grateful and happy is a moral obligation to others.

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Social policies should be assessed by this standard: Will this policy increase or decrease gratitude among people?

Social policies that tell people they are victims increase animosity and selfishness, not gratitude.

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Despite its intentions, socialism and socialist policies produce entitled people vying for handouts, not gratitude.

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One of the fastest ways to be unhappy is to be ungrateful. Gratitude is essential to happiness.

Ingratitude, along with narcissism and self-centeredness, are universal human traits that create unhappiness. Humans are born self-centered. To become both good and happy, we have to develop gratitude.

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